Particle Post

November 2005

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. ~J.F. Kennedy











Lobby decorated by Ann Marie Luhrs. Photos taken by Ripp Bowman

To review previous issues

A Note From Our Chairman

Just before we go to print, I have had to compose a second version of this month's Particle Post. The fiscal news for FY2006 is not good. Congress is about to pass the appropriations bill with the president's allocation for nuclear physics. For the RHIC program, this means an \$8M reduction in funding from last year and an \$18M difference of what was assumed to be the FY2006 allocation. The doubling of the electrical power rates exacerbates the problem even further. This new budget forces us to start the cool down next September and combine the FY2006 and FY2007 runs. In addition we will have to reduce C-AD and SMD supported staff, reduce purchases to the bare minimum and reduce our use of the Plant Engineering trades personnel and Central Fabrication Shops and our use of Waste Management Services. Since we will not be running until September and there is no longer an AGS fixed target program we will no longer need the services of all the radiation protection staff. The substantial reduction of C-AD's contribution to the overhead pool will also affect all areas of BNL. As the situation clarifies some more, after further across-the board rescissions, I will let you know what our plans are.

The cost of electrical energy, as everyone knows by seeing one's last electricity and gas bills, is soaring. Up until May 30 we were paying a rate of ~\$50 / MWH. We are now facing rates of at least \$100 / MWH. This has a huge impact on our running time and purchasing ability. We have to reduce power consumption wherever we can. Woody Glenn and the Power Usage Committee are surveying the complex to find such savings. If anyone has an idea on how to reduce our power needs, please contact Woody. Turn the lights off in your workplace before going home.

On the safety front, we are beginning to approach one year and over one million working days of no lost workdays. Let's meet this goal and then go on to two years without a lost workday. Everyone is to be commended for this excellent performance. This record does not however mean that we are perfect

in all our efforts. We recently experienced an event where an electrical circuit was energized when it should have not been. This tells me that our work planning needs to be reviewed to ensure that this type of occurrence never happens again.

The Program Advisory Committee just finished meeting this past week. It was agreed that RHIC Run 6 consist solely of polarized protons. The length of the run will be determined by the yet to be passed budget, but the expectation is that we will run 20 weeks of cryogenic operations.





Administration

As Derek discussed above, news on the Nuclear Physics fiscal front is bleak and requires that we take immediate measures to reduce cost on RHIC Operations. Personnel are asked to hold all non-essential RFQ's, Work Orders, web requisitions, credit card orders and stores withdrawals for RHIC Operations project numbers, keeping in mind that essential activity no longer includes preparations for an experimental run early in this fiscal year. Procurements, etc deemed essential must be approved by either Don Barton, Ed Lessard, Derek Lowenstein, Thomas Roser, or Phil Pile. Overtime and shift expense except as related to NSRL should cease. Effort on EBIS, AIP and Capital projects should proceed as planned while exercising fiscal conservatism. Accelerator R&D continues with funding of \$1.85M in FY 2006. Activity related to the NSRL run should also proceed as planned.

The administrative group is working to put together a straw man budget for RHIC Operations at the Presidential funding level. Over the coming weeks you may be asked to participate in various cost reduction exercises. Please give us your full attention. Our goal is to minimize staff reductions and to position ourselves for a combined FY '06 and '07 experimental run beginning late this fiscal year.



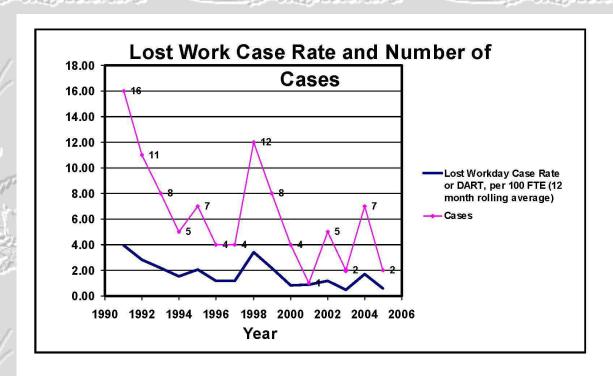
Stephanie LaMontagne-McKeon







Input from Jim



C-AD Occupational Injury Statistics

Fo	r Year 2004	For Year 2005		
First Aid Cases	5	2		
Recordable Cases	11	4		
Lost Work Cases	4	1		

REMINDER: TLD exchange is done the FIRST FRIDAY of the Month.

NEXT EXCHANGE: Have your TLD on its assigned badge board by

Friday, DECEMBER 2, 2005

Pete Cirnigliaro



East Parking Lot = Parking lot near Bldg. 923

West Parking Lot = Parking lot near Bldg. 912

Guest Parking Lot = Parking lot in front of Bldg. 911

West Lower Level Parking Lot = Handicap and Government Vehicle Parking Lot



Xiangyun Chang arrived November 7 to begin his new position as Research Associate in the E-Cooling Group.

William Chase will be arriving November 14 to begin his new position as MCR Operator in the Main Control Room.

Departures

Sanjee Abeytunge, Machine Operations Group will be leaving Friday, November 18.

Alfred Mack, Instrumentation & Beam Components Group left on Monday, October 31.

Terrence Mroczkowski, Survey Group left on Friday, October 28.

Michael Wiplich, Preinjector Systems Group (Tandem) will be leaving Wednesday, November 30.



Congratulations to Rama Calaga for receiving a Graduate Scholarship Award, as announced by the Awards Committee of the NPSS IEEE on November 4.





By popular demand the 'Get To Know Your Co-Worker' section is back.

Employees are chosen solely by random.

Get To Know Your Co-Worker

Yuke Tian has worked at BNL for 5 years in the C-AD Controls Group working on hardware design for our accelerators control system such as timing systems of Booster and AGS, and RHIC quench protection system. He enjoys playing and watching soccer, reading and spending time with his family. Yuke and his wife (Zaiwen) who works at Computer Associates are definitely kept busy with their children Albert (4 years old) and Katherine (2 years old) but they bring so much fun and happiness into their lives.



WARNING: Bogus Phone Calls on Jury Service May Lead to Fraud

In various parts of the United States, citizens are being targeted by phone calls and threatened with

prosecution for failing to comply with jury service in federal or state courts.

In the calls, the threat of a fine for shirking jury service is used to coerce those called into providing confidential data, potentially leading to identity theft and fraud. These calls are not from real court officials.

Federal courts do not require anyone to provide any sensitive information in a telephone call. Most contact between a federal court and a prospective juror will be through the U.S. Mail, and any phone contact by real court officials will not include requests for social security numbers, credit card numbers, or any other sensitive information.

Jury duty is a vital civic responsibility and should be taken seriously by all citizens. However, it is a crime for anyone to falsely represent himself or herself as a federal court official. The federal judiciary takes seriously such an offense.

Persons receiving such a telephone call should not provide the requested information, and should notify the Clerk of Court's office of the U.S. District Court in their area.

This info is true per: http://www.uscourts.gov/Press_Releases/juryfraud81805.html. Please beware.



Precautions you need to take when using stainless steel in your kitchen!

To prevent hot spots when using stovetop cookware, it should have a heat diffusing base, either visible or encapsulated, that is made of a better heat-diffusing material, like copper or aluminum. These metals are highly conductive of heat, so use moderate heat to maximize the even spreading of heat, minimize sticking, and to get tastier, more evenly cooked food with less stirring.

Do not store food or liquids in stainless steel cookware after cooking.

□To keep the surface smooth and scratch-free, do not use abrasives, bleach or ammonia. See cleaning instructions below.

How to clean stainless steel cookware?

To remove manufacturer or price stickers from cookware... Soak the area with warm water, then scrape off with your fingernail or with a hard-plastic spatula. A bit of rubbing alcohol, or a citrus oil based cleaner, will remove any remaining glue.

When using a pan for the first time... Wash it well with soapy warm water and dry thoroughly. We recommend washing by hand.

Whitish or chalkish deposits inside pan... Remove calcium deposits by boiling water with some white vinegar, allowing your pan to cool, then washing it with warm, soapy water.

Burnt food is stuck in pan... Cover the stuck foodstuffs with warm soapy water, allow to soak for some

time, then boil for 10 minutes, allow it to cool, then use a soft cloth, or a nylon scourer if stubborn, and warm, soapy water.

Still not clean out of the dishwasher... You might select a Pre-wash cycle if your pan's instructions indicate it is safe to clean in the dishwasher.

Spills or overflows... Wash or clean the exterior before placing it again over heat.

Filled pan left to cool on stove and lid won't come off... Warm the pan, then twist the lid to remove it.

Left empty on heated surface... Allow it to cool slowly; do not immerse it in cold water.

Stainless pan was left on heated surface, liquid has dried and yellow or blue streaks appear... On polished stainless, use a metal cleaner, such as Wenol or Red Bear, with a soft cloth. On satin stainless, use a nylon scourer, such as Scotch-Brite.

Scratches on surface after washing repeatedly... Change your cleaning product to a gentler kind, such as Bon Ami.

Cleaners not recommended for stainless surfaces... Bleach or ammonia should not be used on stainless steel.



From Mirabella, Kerry A



Subject It's that time of year again!

The official "kickoff" has begun, you may have noticed the United Way banner stretched over Upton Rd. on your way in to work. For this year's fundraising, Doon Gibbs and Mary Campbell are serving as Chair and Co-chair, respectively, and I am happy to serve as the C-AD Captain. I'll be forwarding information through Dec 31st to make sure that we're aware of the various ways we can help people here on Long Island. This details how we can

help out with our time and donations of clothing, toiletries, toys, and food:

The information below and the volunteer form can be found on the BNL United Way Website: http://intranet.bnl.gov/unitedway/VolunteerProgram.asp The website can also be found by going to the BNL Home Page "A to Z" Site Index, and finding it under "United Way."

120.0032

The Volunteer Work Program is a great opportunity for those in the BNL community and retirees to make a contribution to the LI United Way by lending a helping hand.

How does it work? For volunteer efforts during the period October 15 through December 31, BSA will donate \$20 to the LI United Way for each hour volunteered, up to a maximum donation of \$10,000. We've met this goal for the last four years, and with your help, we will do it again! With supervisory approval, employees may take one regular work hour off to volunteer at an agency and must volunteer a minimum of two hours to do so. But that does not mean that the number of volunteer hours are limited; some employees spend their lunch times or take vacation time to help out. And remember that agencies need help on weekends and evenings, too.

After volunteering, fill out and submit a work receipt form found at http://intranet.bnl.gov/unitedway/ linkable_files/pdf/2005VolunteerWorkReceipt.pdf. Use it to record information about the type of volunteer service being performed, and send it to Maria Beckman, Bldg. 120.

What volunteer activities count? There are so many ways to help! People volunteer here at BNL for the Red Cross Kitchen, as scout leaders; hospital volunteers; helpers for Habitat for Humanity; mentoring; helping in a local food pantry or soup kitchen; Big Brother/Big Sister; volunteer firefighters and EMTs; crisis-line volunteers; baking a turkey or helping out at the annual Council of Churches Thanksgiving dinner; making deliveries to agencies of donated toys, clothing, and food; and so on.

Please be extra generous this year in making donations of food, toys, clean, clean warm coats, hats, scarves, and gloves for our local agencies, which are helping people unable to afford the basic necessities. The need for food donations is particularly great this year. All donations are distributed among several area agencies.

DONATION COLLECTION POINTS ON SITE

Staff Services, Building 179 – Food, toys, and coats, hats, gloves, scarves Teachers Federal Credit Union (Bldg. 129) – Food and Toys Berkner Hall – Food, Toys, and Coats Building 459 – Gently-used clean coats, scarves and gloves

See Below for Building 911 location.

OPPORTUNITIES FOR VOLUNTEERING

Helping hands are always needed by the many member agencies of the L.I. United Way. Information can be found in the 2005 United Way Volunteer Opportunity Guide at http://intranet.bnl.gov/unitedway/linkable_files/ pdf/2005_Volunteer_Guide.pdf .

HELP OUT RIGHT HERE AT BNL!

Red Cross Kitchen, Meals on Wheels Program

Building 490 – Anytime between 6:30 and 1 p.m. daily

Point of Contact: Nancy Garcia, ext. 2370 (until noon on Monday – Friday). She would love to hear from you!

HELPING HANDS AND TURKEYS NEEDED

The Long Island Council of Churches in Riverhead is hosting their annual pre-Thanksgiving Dinner on Tuesday, November 22 for seniors, migrant workers and others in need. They need helpers beginning at 1:30 to prepare the food, and then others to serve beginning at 5 p.m. through cleanup. Cooked and frozen turkeys are always welcome! Last year we had about 20 people help on all fronts and about 500 people were served. If you are interested in providing a turkey or helping out at the dinner, please call BNL contacts Maria at 5483 or Beth at 6033. We will even coordinate the turkey delivery! The LI Council of Churches contact is Caroline Gumbs at 727-2210.

Have a coupon for a free turkey or holiday ham? Please donate it! Send it to Maria Beckman, Bldg. 120.

HELPING HANDS AND DONATIONS NEEDED

Thee Island Inne Soup Kitchen in Middle Island needs people to help prepare and serve meals on Wednesday and Thursdays year round. They would also appreciate new or gently used winter clothing, holiday gifts, food to make up food baskets, and paper goods. Contact Barbara Royce at ext. 2098.

HELP TO DISTRIBUTE FOOD BASKETS AND TOYS

The Ministries in Coram – Provides shelter for runaway children and maintains an emergency food pantry. They have asked for donations of food and assistance with assembling and handing out food baskets to the families using their services during Thanksgiving and Christmas weeks as follows:

November 21 and November 22 - 1 to 4:30 p.m.; November 23 - 1 to 3 p.m.

December 21 and December 22 - 1 to 4:30 p.m.; December 23 - 1 to 3 p.m.

Please call Ann Moran-Smith at 436-4800 if you are willing to help this year. She is thrilled at the support she has received from BNLers in the past!

FOOD AND CLOTHING DONATIONS

Rural Opportunities, an East end agency located in Riverhead, supports migrant workers with training and employment opportunities, and maintains a food pantry. Most of their clients work on local farms year round, so winter coats, jackets, gloves and hats would be welcome, along with food and toys! Call Nilsa Rodriguez at 727-4866 to help.

COLLECTION TO BENEFIT WOMEN'S COALITION

The BNL Police Group is again coordinating a drive to benefit the Suffolk County Women's Coalition, which provides shelter for battered women and children. New and gently used women's clothing, new children's clothing, toiletries, toys, and household items and supplies are desperately needed. Collection bins will be placed near the Main and North Gates – ask the officer on duty for the location if you wish to drop a "gift" in as you enter the site. If you wish to make a monetary donation: send it to one of the following: Sharol Busby, Kathleen McNaught, or Brian Buckheit at Bldg. 50.

VOLUNTEER TUTORS

Literacy Suffolk always needs volunteer tutors. As a matter of fact, some Lab employees have been volunteering on site for a while and also at other locations. Contact Jennifer Lynch at BNL (ext. 4894) for more information. Those currently volunteering, please remember to send in your volunteer forms!

Give blood if you can at the next BNL Blood Drive. Blood and platelet donations count as a volunteer activity.

Help out with one the United Way fundraising activities such as the Holiday auction, yard sale, or gift wrapping.

If you have questions, please call me (2632) Maria Beckman (5483) or Beth Blevins (6033). Thank you for lending a helping hand!

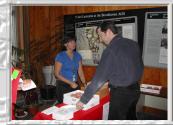
Donation Drop Off Boxes

There are now two red boxes in the main lobby of 911 where you can conveniently drop off donations of clean warm clothing, and toiletries. These items will be distributed among local area agencies. The clothing can be new or gently used. The toiletries can be full-sized items (like you would purchase for home use) or travel-sized. The smaller items (the size used in motels/hotels) are especially needed because they are used by people who are given emergency housing because of domestic violence, a house fire, etc. The toiletries are also used by families staying at the Ronald McDonald house while their child is at an area hospital, and by the homeless who seek shelter at area churches.

See above for other building locations.



The sale held as a C-AD fundraiser on Tuesday, November 8, was a rousing success! Seventy-two doughnuts were given good homes in about 30 minutes, with many people just contributing to the cause without taking custody of a doughnut. The proceeds will be used to buy items for the Gift Basket that C-AD will donate to the annually successful Holiday Auction, to be held at Berkner Hall on December 7th and 8th.











This is worth reading.

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed and getting to the patient within 3 hours, which is tough.

RECOGNIZING A STROKE - A true story

Susie is recouping at an incredible pace for someone with a massive stroke all because Sherry saw Susie stumble - - that is the key that isn't mentioned below -and then she asked Susie the 3 questions. So simple - this literally saved Susie's life. Suzie failed all three so then 9-1-1 was called. Even though she had normal blood pressure readings and did not appear to be a stroke victim as she could converse to some extent with the Paramedics and they took her to the hospital right away.

Read and Learn!

Sometimes symptoms of a stroke are difficult to identify.

Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

- 1. Ask the individual to SMILE.
- 2. Ask him or her to RAISE BOTH ARMS.
- 3. Ask the person to SPEAK A SIMPLE SENTENCE (Coherently) (i.e.. It is sunny out today) If he or she has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher.

After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions. They presented their conclusions at the American Stroke Association's annual meeting last February. Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage.

Information also found at:

http://www.medicinenet.com/script/main/art.asp?articlekey=52795&pf=3&page=1



We wish all of you born in NOVEMBER



a happy and healthy year ahead. And that means you to Rich!!

Birthday people ONLY click on cake

There are 29 questions about things we see every day or have known about all our lives. How many can you get right?

These little simple questions are harder than you think - it just shows you how little we pay attention to the

Fun Test

common place things of life. Put your thinking caps on.

Mind teasers of COMMON KNOWLEDGE. No cheating! No looking around! No using anything on or in your desk or computer!

Can you beat 18?? (The average is 7.) Write down your answers and check answers (bottom of calendars) AFTER completing all the questions. REMEMBER - NO CHEATING!!! LET'S JUST SEE HOW OBSERVANT YOU REALLY ARE.

- 1. On a standard traffic light, is the green on the top or bottom?
- 2. How many states are there? (Don't laugh, some people don't know.)
- 3. In which hand is the Statue of Liberty's torch?
- 4. What six colors are on the classic Campbell's soup label?
- 5. What two letters don't appear on the telephone dial? (No cheating!)
- 6. What two numbers on the telephone dial don't have letters by them?
- 7. When you walk does your left arm swing with your right or left leg?
- 8. How many matches are in a standard pack?
- 9. On the United States flag is the top stripe red or white?
- 10. What is the lowest number on the FM dial?
- 11. Which way does water go down the drain, counter or clockwise?
- 12. Which way does a "no smoking" sign's slash run?
- 13. How many channels on a VHF TV dial?
- 14. Which side of a women's blouse are the buttons on?
- 15. On a NY license plate, is New York on the top or bottom?
- 16. Which way do fans rotate?
- 17. Whose face is on a dime?
- 18. How many sides does a stop sign have?
- 19. Do books have even-numbered pages on the right or left side?
- 20. How many lug nuts are on a standard car wheel?
- 21. How many sides are there on a standard pencil?
- 22. Sleepy, Happy, Sneezy, Grumpy, Dopey, Doc. Who's missing?
- 23. How many hot dog buns are in a standard package?
- 24. On which playing card is the card maker's trademark?
- 25. On which side of a Venetian blind is the cord that adjusts the opening between the slats?
- 26. On the back of a \$1 bill, what is in the center?
- 27. There are 12 buttons on a touch tone phone. What two symbols bear no digits?
- 28. How many curves are there in the standard paper clip?
- 29. Does a merry-go-round turn counter or clockwise?



Friday vs Monday video click here





THANKSGIVING DAY



Students and Post-docs, will you be staying on-site during the Thanksgiving weekend? Please contact Christine Carter at ext 5090

You are invited!!!!

Hospitality's Thanksgiving Potluck dinner with live music in the Recreation Hall, Bldg. 317 at 5:00pm on Saturday November 19, 2005 Please RSVP to Christine Carter at ext 5090 Or Lisa Yang 878-3937

Join Us at the Books Are Fun Book Fair! See What's New!



November 17 * 18, 2005

From: 10:00 - 3:00

In Berkner Hall

Amazing selection, Incredibly Low Prices...





Attend North America's most popular employee event! Great selection, great savings, great fun!

Hosted in the convenience and safety of your workplace, we're bringing hundreds of books in numerous categories directly to you!

Choose from our incredible selection of best-selling:

- Children's Books General Interest & Reference Books Educational Books
- Cookbooks Inspirational & Religious Titles
- Sports Books
 Photo Albums
- Stationery Music

- And much, much more!

Save 20 - 70% off retail!

You'll save money and time, and you'll love the book fair! Quality books are discounted up to 70% off retail.

Something for everyone!







ALUMNI NEWS: AGS/RHIC/C-AD RETIRED CROWD - We'd enjoy hearing from you and what you have been up to. Please send your notes to pmanning@bnl.gov

You can catch up on all of Eric Forsyth's travels by clicking on his sailing yacht below



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Don't look at answers below until you complete all the questions:

- 1. Bottom
- 2. 50 (please tell me you got this one!)
- 3. Right
- 4. Blue, red, white, yellow, black & gold
- 5. **Q**, **Z**
- 6. 1, 0
- 7. Right
- 8. **20**
- 9. **Red**
- 10. 88
- 11. Counter (north of the equator)
- 12. Towards bottom right
- 13. **12** (no #1)
- 14. **Left**
- 15. **Top**
- 16. Clockwise as you look at it
- 17. Roosevelt

18. 8
19. Left
20. 5
21. 6
22. Bashful
23. 8
24. Ace of spades
25. Left
26. ONE
27. *,#
28. 3
29. Counter

2006 BNL Holiday Schedule

We Remember Sept. 11, 2001





